

## Removable Appliances



### What to expect

When a removable appliance is first placed, there may be difficulty with eating & speaking. An increase in salivary flow may also be evident. This is normal & will subside with a few days if the appliance is worn as directed.

### Wear schedule

Removable appliances should be worn 24 hours a day, including while sleeping, unless otherwise instructed. It should be taken out for the following:

- To eat
- To brush
- To wear a mouthguard during contact sports
- To swim in a lake or ocean.

Replace appliance immediately.

### Cleaning the removable appliance

Your appliance should be thoroughly cleaned each day. The appliance is somewhat fragile, so it should be held over the sink. To avoid breakage, have some water in the sink as a cushion, should the appliance fall. Do not use hot water, always use cool water. Gently brush with a toothbrush & toothpaste. An effervescent cleanser (such as Efferdent) should be used 2 times per week to keep all wires & gears clean. While the appliance is out of your mouth, be sure to brush & floss thoroughly. Replace the appliance at once. It should be cleaned & rinsed after each meal, snack or sugary drink.

### If winding is required

This appliance should be wound \_\_\_\_ times on the following days:

Sunday • Monday • Tuesday • Wednesday • Thursday • Friday • Saturday

### Care of the Removable Appliance

When the appliance is not in your mouth, it is always in the case provided. Always have a case available for storage. When eating, do not wrap it in a napkin, put it in your pocket, or lay it on the table. This may cause the appliance to be thrown away or broken. Be sure to keep appliance out of direct sunlight & away from heat (cars, hot water,

Please call if there are any further questions

picnic tables.) Keep away from pets & small children. Place appliance in its case into a cabinet or drawer. Do not flip appliance in & out with tongue as it will weaken or break the appliance.

Please call if there are any further questions

500 Federal Street • Suite 600 • Troy, NY 12180  
Phone: 518-274-4322

30 Round Lake Road • Ballston Lake, NY 12019  
Phone: 518-400-1200